




World's easiest chilled spicy soba (from leahbobet, whose futon bears my buttprint)



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MOOD: 😊 hungry

MUSIC: Rob Zombie - Dragula

Slice up or pre-cook or otherwise prepare small veggies--green onions, peas, diced carrots, diced tomato, radishes, sprouts, mushrooms, julienned ginger, whatever.

Take some soba, cook according to the package destructions, drain, and douse in cold water (icewater is best).

While the soba is chilling, in a bowl of appropriate size to the soba, mix 2 parts (good, fermented, not fake brown salty rancid water) soy sauce, 1 part rice wine vinegar, a shake or two of sesame oil (chili oil is fine), and some Thai chili garlic sauce/hot cock sauce/chili seed sauce (to taste). I also add a little bit of Thai roasted chili paste, but this is an elaboration. Add a diced raw garlic clove or five.

Whisk or fork this together until it's blended into a vinaigrette.

Drain the soba well, mix in the veggies, and dump the whole mess into the bowl with the sauce. Toss. Grab utensils. Go sit on the porch/balcony/fire escape/lawn and eat while watching the world go by. Make appreciative noises. Fawn on the cook, or, alternately, pretend you slaved all day.

Any leftovers are still good the next morning for breakfast. If you should happen to *have* any leftovers. Which strikes me as unlikely.

TAGS: recipes



This looks like a good idea.

...

This.

...

Little guy's not bad.

Gotta teach RHex to smear.

9 comments



 themaskmaker

April 19 2009, 14:26:48 UTC COLLAPSE

"That's not for eating! That's for slurping!"



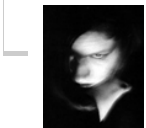
 barsukthom

April 19 2009, 16:12:37 UTC COLLAPSE

Forgive my ignorance, but...

WTF is Soba?

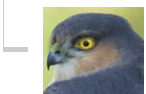
Thankyouverramuch



 kayjayoh

April 19 2009, 16:26:23 UTC COLLAPSE

Japanese noodles.

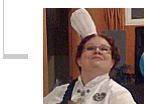


 sprrwhwk

April 19 2009, 17:28:43 UTC COLLAPSE

Soba noodles are thin Japanese noodles made from buckwheat flour. I like tororo soba, which are made with buckwheat and yam flour -- they're approximately the best college student food in the world (way better than instant ramen), because they're cheap, way high in protein, high in fiber, quick-cooking, and tasty. Oh, and they're vegan. I generally make a hot soup from them by boiling the noodles with a tablespoon or so of miso paste, some soy sauce, and some rice vinegar, and maybe some dried seaweed for color.

This salad sounds delicious. I'll have to give it a try when it's warmed up here enough to make chilled things appropriately tasty. :-)



 inaurolillium

April 19 2009, 18:36:03 UTC COLLAPSE

Buckwheat ones, specifically. Maki has a good explanation and another recipe.



[barsukthom](#)

[April 19 2009, 22:04:12 UTC](#)

[COLLAPSE](#)

Bless you both.

Cold spicy fire noodles...Sounds perfect for the 4th of 7th.



[inaurolillium](#)

[April 19 2009, 18:34:46 UTC](#)

[COLLAPSE](#)

I only just discovered soba last summer, and have been waiting for it to get warm enough for me to feel like I can properly enjoy them again.



[edschweppe](#)

[April 19 2009, 22:57:27 UTC](#)

[COLLAPSE](#)

I first read that title as "World's easiest chilled spicy  [saoba](#)". This caused me much confusion.



[standuponit](#)

[April 20 2009, 00:17:32 UTC](#)

[COLLAPSE](#)

She's not chilled. She's cool/.